

What is Lifestyle Medicine?

Does it work?

Nutrition

Exercise

Water

Sunshine

Temperance

Air

Rest

Trust



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AMERICAN COLLEGE OF Lifestyle Medicine

[ABOUT](#)[LIFESTYLE MEDICINE](#)[EDUCATION](#)[MEDIA](#)[EVENTS](#)[PARTNERS](#)[MEMBERSHIP](#)

Lifestyle Medicine is the use of evidence-based lifestyle therapeutic approaches, such as a plant-predominant dietary lifestyle, regular physical activity, adequate sleep, stress management, avoiding use of risky substances and pursuing other non-drug modalities, to treat, reverse and prevent chronic disease.

“Natural means, used in accordance with God’s will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to some simple remedy...we are then to cooperate with God, observing the laws of health and life. Having done all that we possibly can, we are to keep asking in faith for health and strength...”

“The Seventh-Day Adventist Bible Commentary.” *The Seventh-Day Adventist Bible Commentary*, by Ellen G White, Review and Herald Pub. Association, 1970, pp. 938–939.

Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

-The Ministry of Healing pg. 127.2

Short List of Lifestyle-Related Diseases

Age-related macular degeneration
Alcoholic and Toxic Liver Disease
Alzheimer's Disease
Asthma
ADHD
Benign Prostatic Hyperplasia
Breast Cancer
Celiac's Disease
Cervical Cancer
Cholelithiasis
Chronic Kidney Disease
COPD
Cirrhosis
Colorectal Cancer
Diabetes Mellitus
Constipation
Coronary Heart Disease
Cystic Fibrosis
Depression

Deep Vein Thrombosis
Diverticulitis
Dyslipidemia
Dysmenorrhea
Eating Disorders
Endometrial Cancer
Endometriosis
Erectile Dysfunction
Fibromyalgia
Gastric Cancer
Ulcers
GERD
Gout
Heart Failure
HIV
Hypertension
Hyperthyroidism
Hypothyroidism
IBD/IBS

Insomnia
Influenza
Iron deficiency anemia
Leukemia
Lymphoma
Lung Cancer
Migraine
Mood disorders
Multiple Sclerosis
Fatty Liver
Obesity
Osteoarthritis
Osteoporosis
Ovarian Cancer
Pancreatic Cancer
Psoriasis
Rheumatoid Arthritis
Stroke
URI
UTI
Uterine Fibroids
Hepatitis



Nutrition



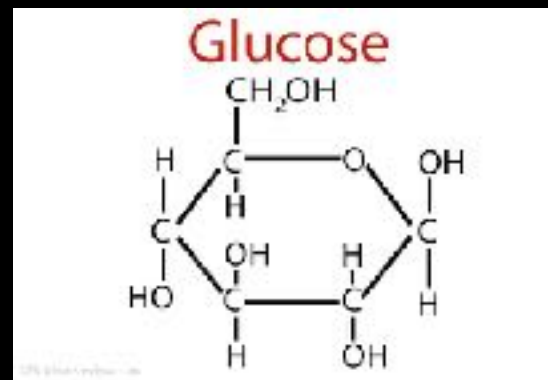
Our bodies need:

Macronutrients

Carbohydrates



Glucose



Fats



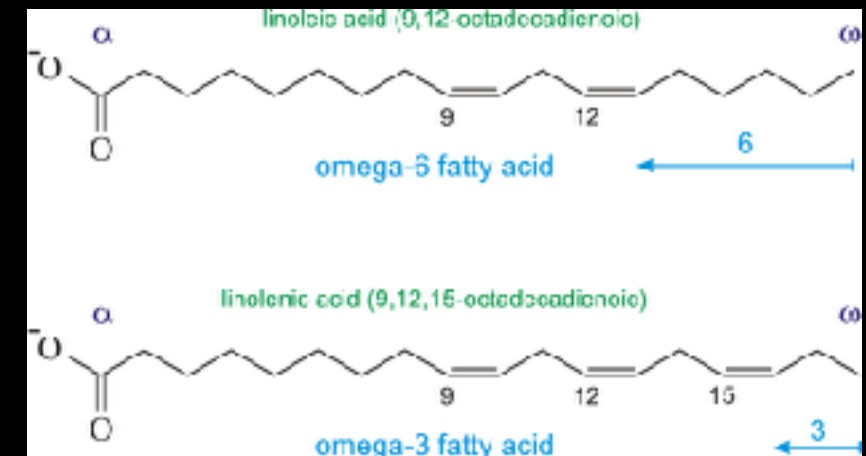
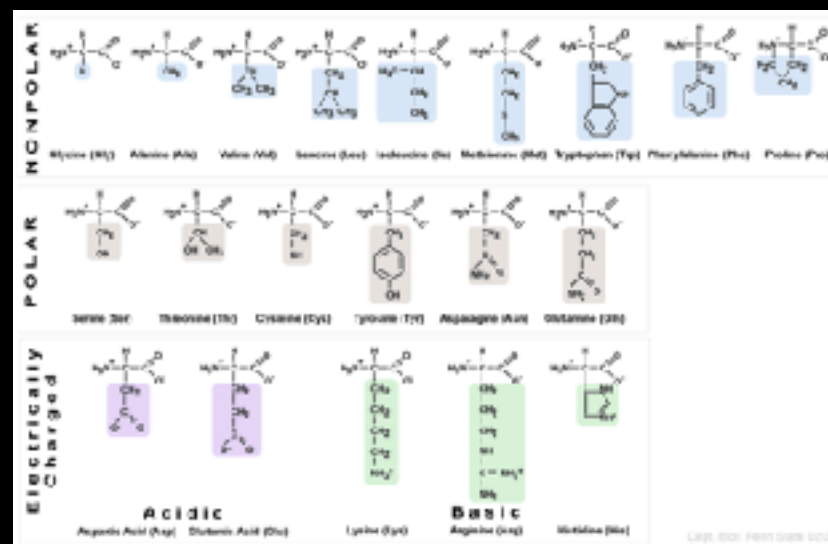
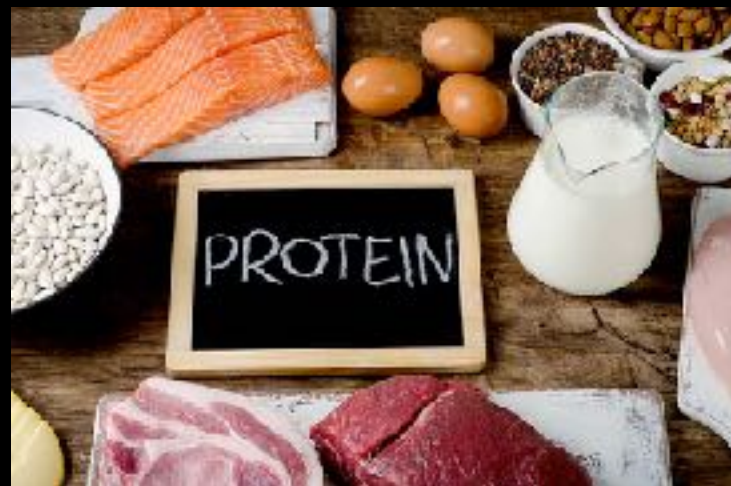
Fatty Acids



Proteins



Amino Acids



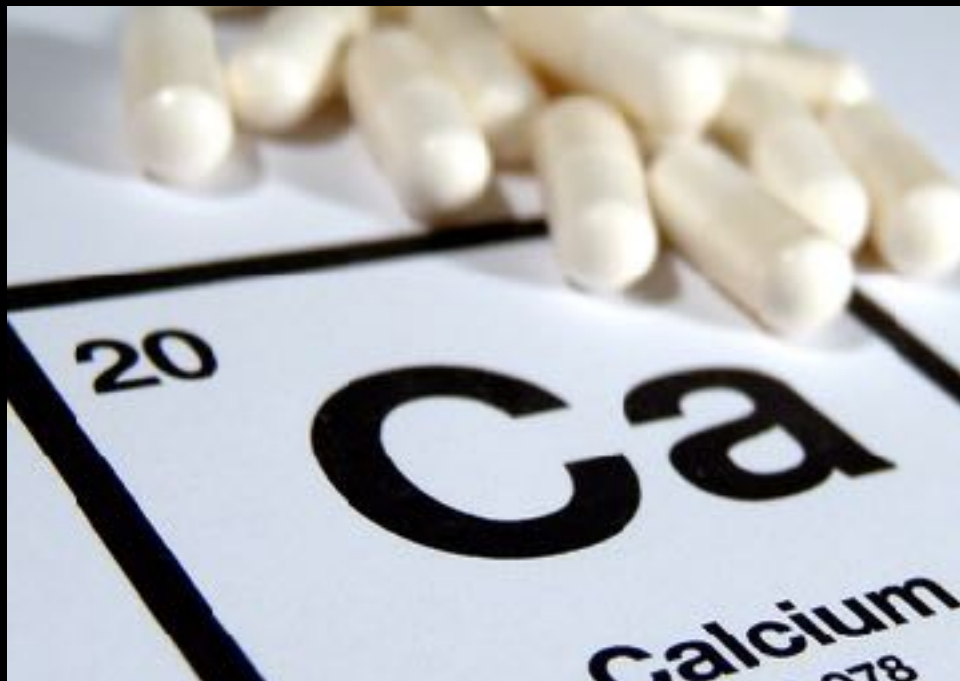
Our bodies need:

Micronutrients

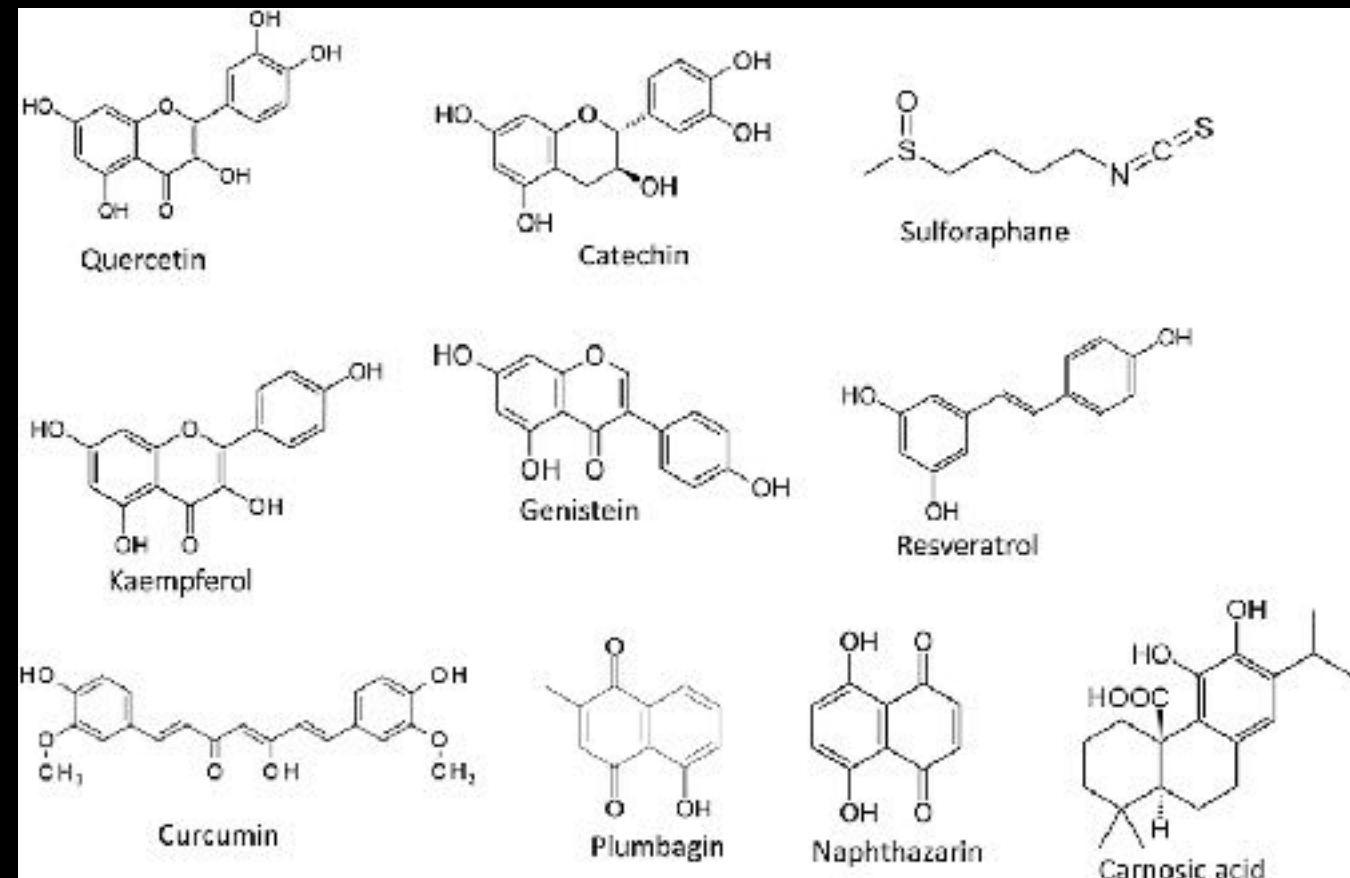
Vitamins



Minerals



Phytochemicals



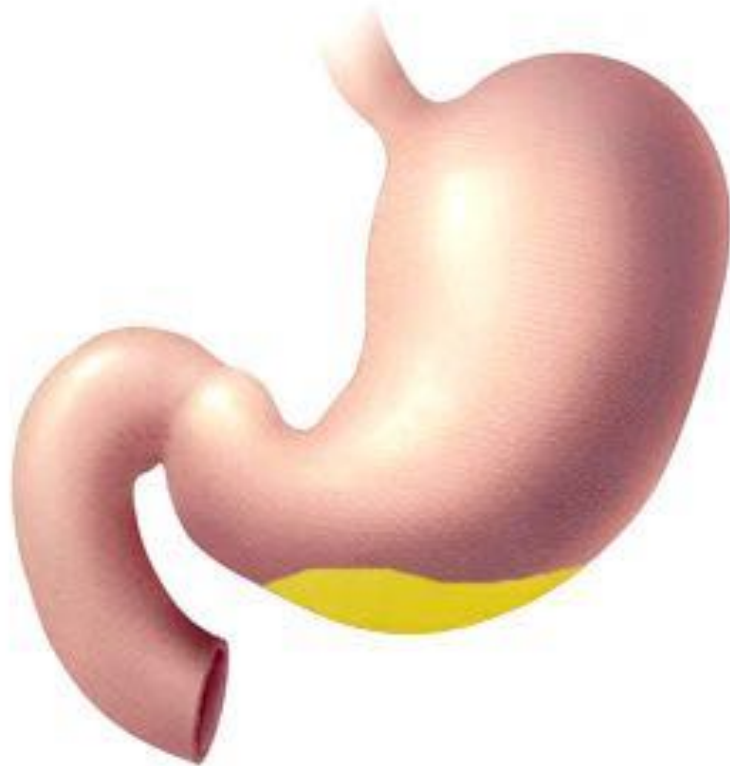
The Diet most people eat:

- High Calories
- High Fat
- High Animal Protein
- Low Fiber
- Low Antioxidants
- Low Phytochemicals





STOMACH STRETCH RECEPTORS



400 CALORIES OF
OIL



400 CALORIES OF
CHICKEN



400 CALORIES OF
VEGETABLES

Whole Foods Plant-Based Diet



You don't have to eat grass!







Skipping Breakfast




EJCN

European Journal of Clinical Nutrition

Original Communication | Published: 24 June 2003

Breakfast skipping and health-compromising behaviors in adolescents and adults

A Keski-Rahkonen , J Kaprio, A Rissanen, M Virkkunen & R J Rose

European Journal of Clinical Nutrition **57**, 842–853 (2003) | [Download Citation](#) 

Conclusions: Breakfast skipping is associated with health-compromising behaviors in adults and adolescents. Individuals and families who skip breakfast may benefit from preventive efforts that also address risk behaviors other than eating patterns.

Public Health Nutrition



Search

[Article](#)[Metrics](#)**Volume 18, Issue 16** November 2015 , pp. 3013-3019Cited by **28** [Access](#)

Breakfast skipping and the risk of type 2 diabetes: a meta-analysis of observational studies

Huashan Bi ^(a1), Yong Gan ^(a1), Chen Yang ^(a1), Yawen Chen ^(a1) ... DOI: <https://doi.org/10.1017/S1368980015000257> Published online: 17 February 2015

Objective

Breakfast skipping has been reported to be associated with type 2 diabetes (T2D), but the results are inconsistent. No meta-analyses have applied quantitative techniques to compute summary risk estimates. The present study aimed to conduct a meta-analysis of observational studies summarizing the evidence on the association between breakfast skipping and the risk of T2D.

Design

Systematic review and meta-analysis.

Setting

Relevant studies were identified by a search of PubMed, Embase, Web of Science, China National Knowledge Infrastructure (CNKI) and SINOMED up to 9 August 2014. We also reviewed reference lists from retrieved articles. We included studies that reported risk estimates (including relative risks, odds ratios and hazard ratios) with 95 % confidence intervals for the association between breakfast skipping and the risk of T2D.

Subjects

Eight studies involving 106 935 participants and 7419 patients with T2D were included in the meta-analysis.

Results

A pooled adjusted relative risk for the association between exposure to breakfast skipping and T2D risk was 1.21 (95 % CI 1.12, 1.31; $P=0.984$; $I^2=0.0\%$) in cohort studies and the pooled OR was 1.15 (95 % CI, 1.05, 1.24; $P=0.770$; $I^2=0.0\%$) in cross-sectional studies. Visual inspection of a funnel plot and Begg's test indicated no evidence of publication bias.

Conclusions

Breakfast skipping is associated with a significantly increased risk of T2D. Regular breakfast consumption is potentially important for the prevention of T2D.

Recommendations:

- Whole Foods Plant-Based Diet, Consisting largely of fruits and vegetables.
- 2 or 3 Meals a day; 5-6 hours apart, Always beginning with Breakfast.
- Breakfast largest meal, lunch not as large, Supper small.
- No Snacking (causes digestive dysfunction and delayed emptying).



Exercise



Statistics/Trends



“Lack of physical activity is estimated to cause 1.9 million deaths globally each year.”

For every hour of walking, life expectancy may increase 2 hours



Get Moving: Easy Tips to Get Active! American Heart Association. http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/StartWalking/Get-Moving-Easy-Tips-to-Get-Active_UCM_307978_Article.jsp Accessed December 5, 2012.

Fitness & Bone Health

- Exercise can reverse bone loss in the lumbar spine and femoral neck in women.
- In middle-aged men, intense physical activity decreased risk of hip fracture by 62% in the following 21 years.
- Weight-bearing exercise, especially resistance exercise, has the greatest effect on bone mineral density

Fitness & Bone Health

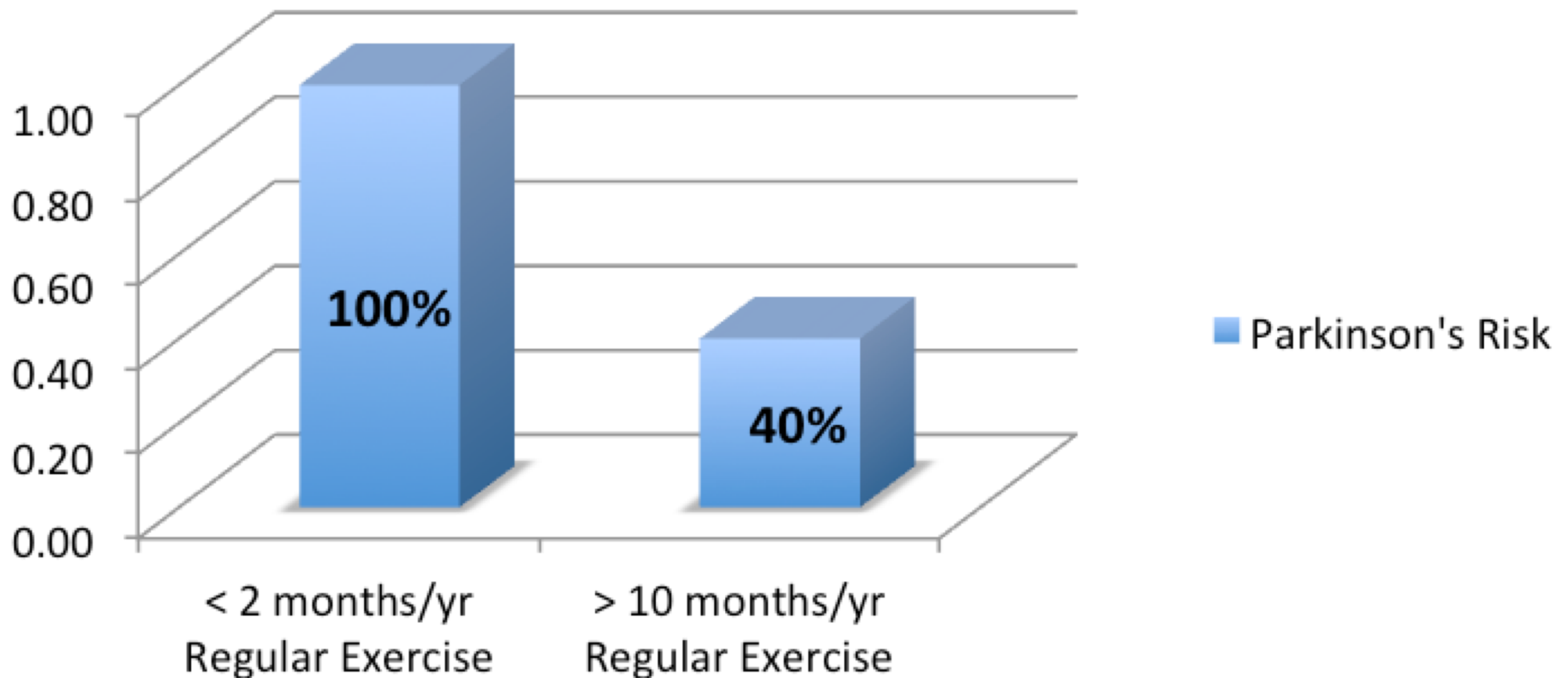
- Arthritis and regular physical activity
 - Decrease pain
 - Improve function
 - Delay disability



Fitness & Bone Health

- In individuals with arthritis (16-week study):
- Strength training reduced pain from arthritis by 43%

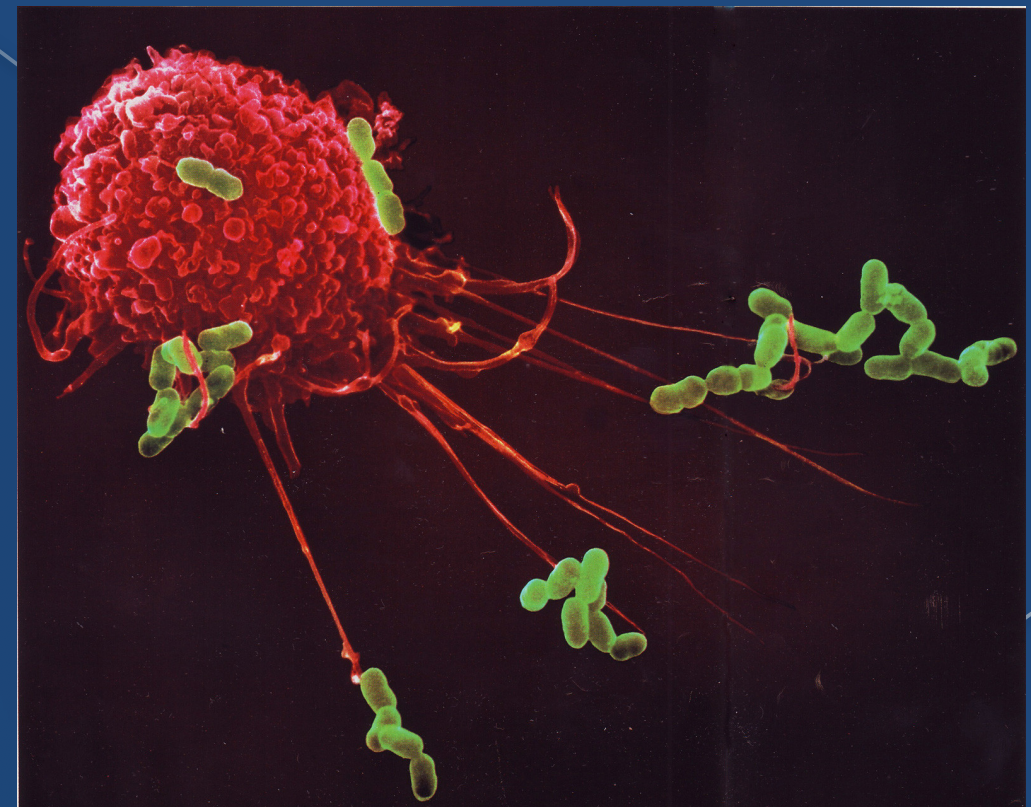
Physical Activity & The Risk Of Parkinson's Disease



Fitness & Immune Health

● Resistance Exercise:

- Increases circulating leukocytes 8-14% over the next 24 hours
- Increases
- circulating
- lymphocytes
- 50-200%



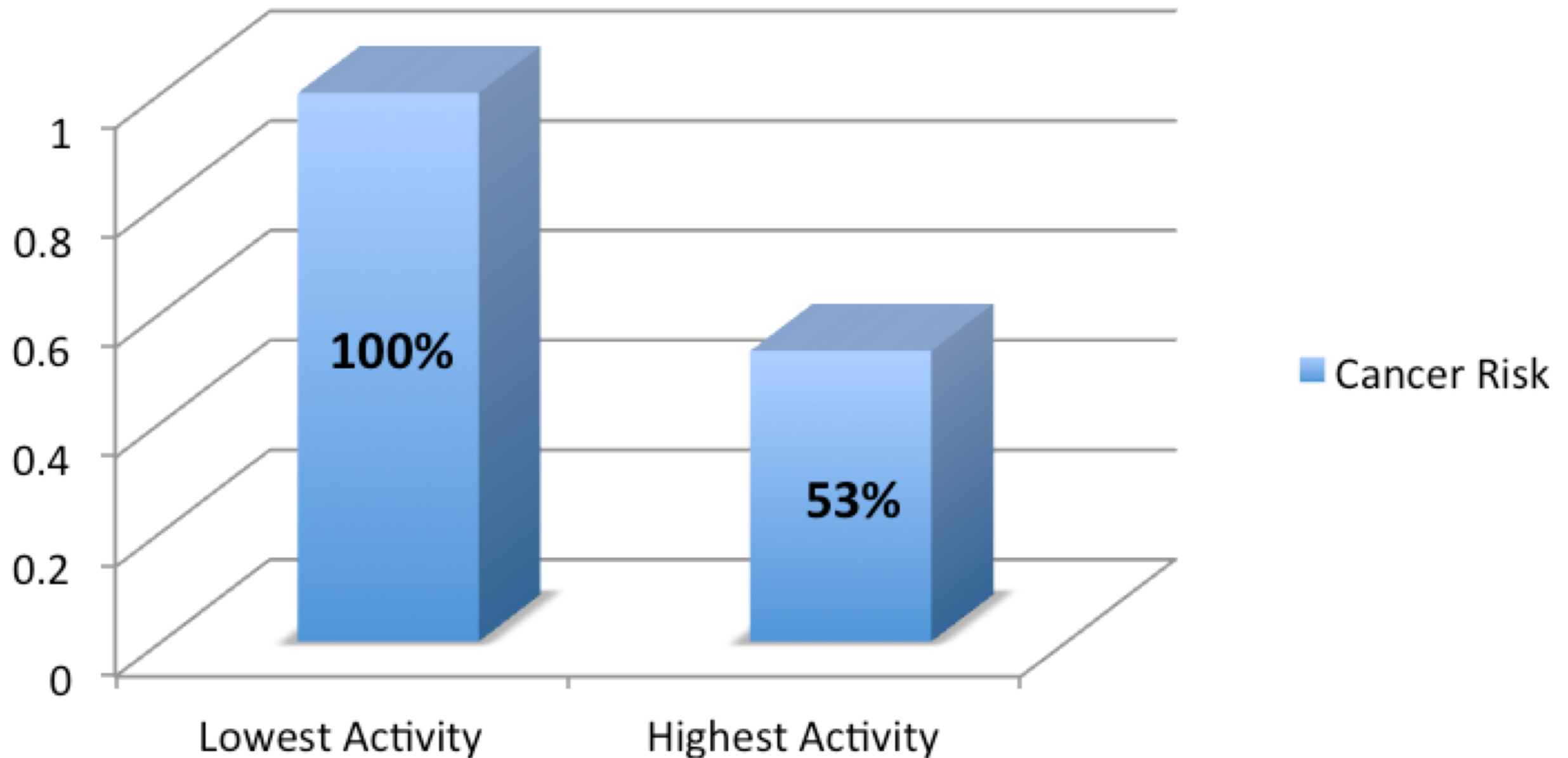
decrease prostate cancer risk by 74%.

men with sedentary jobs - 60% increase in colon cancer.

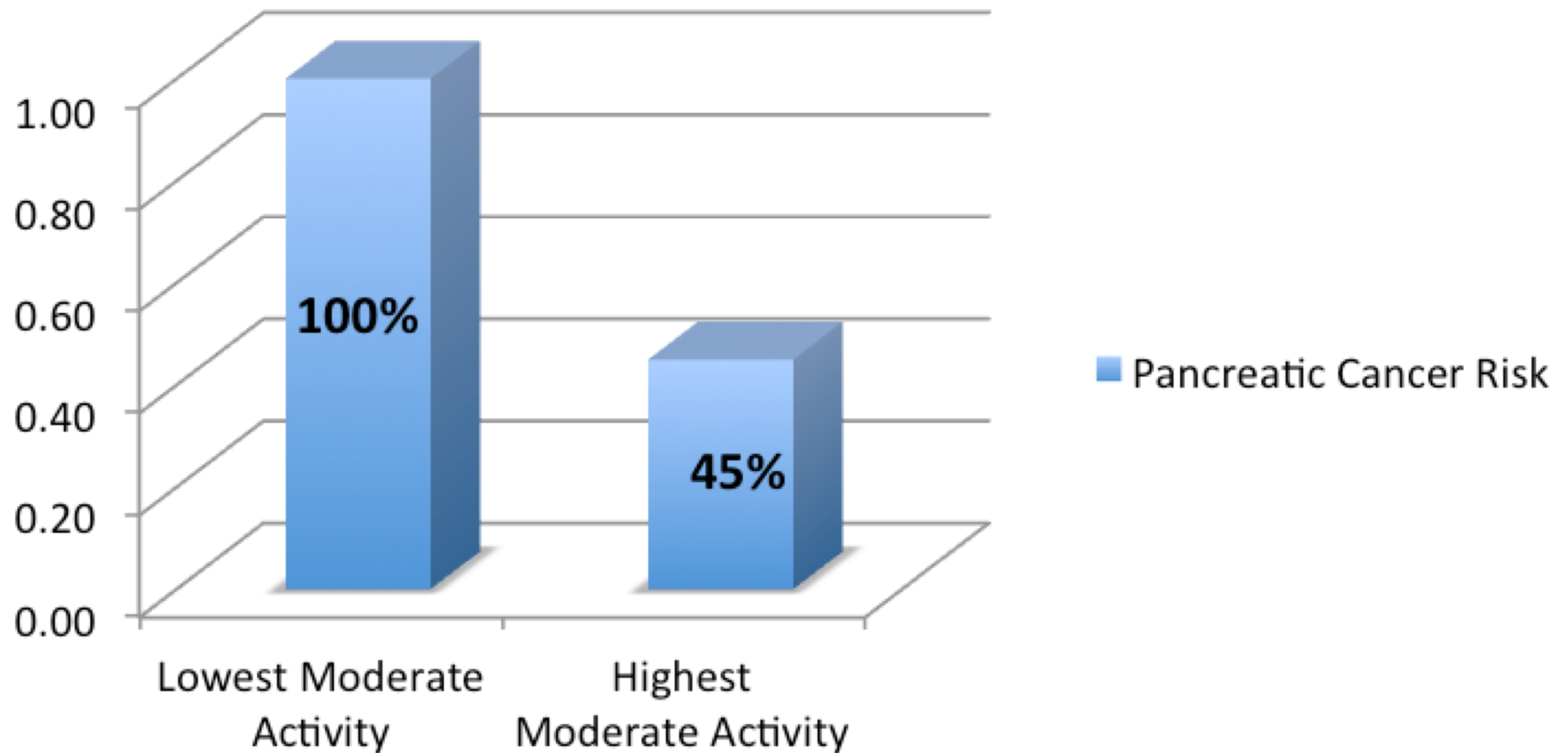
Risk of developing breast cancer decrease by 37% with regular exercise.

Women already affected by breast cancer who walked between 6 to 8 hours a week, reduce their risk of early death by 50%.

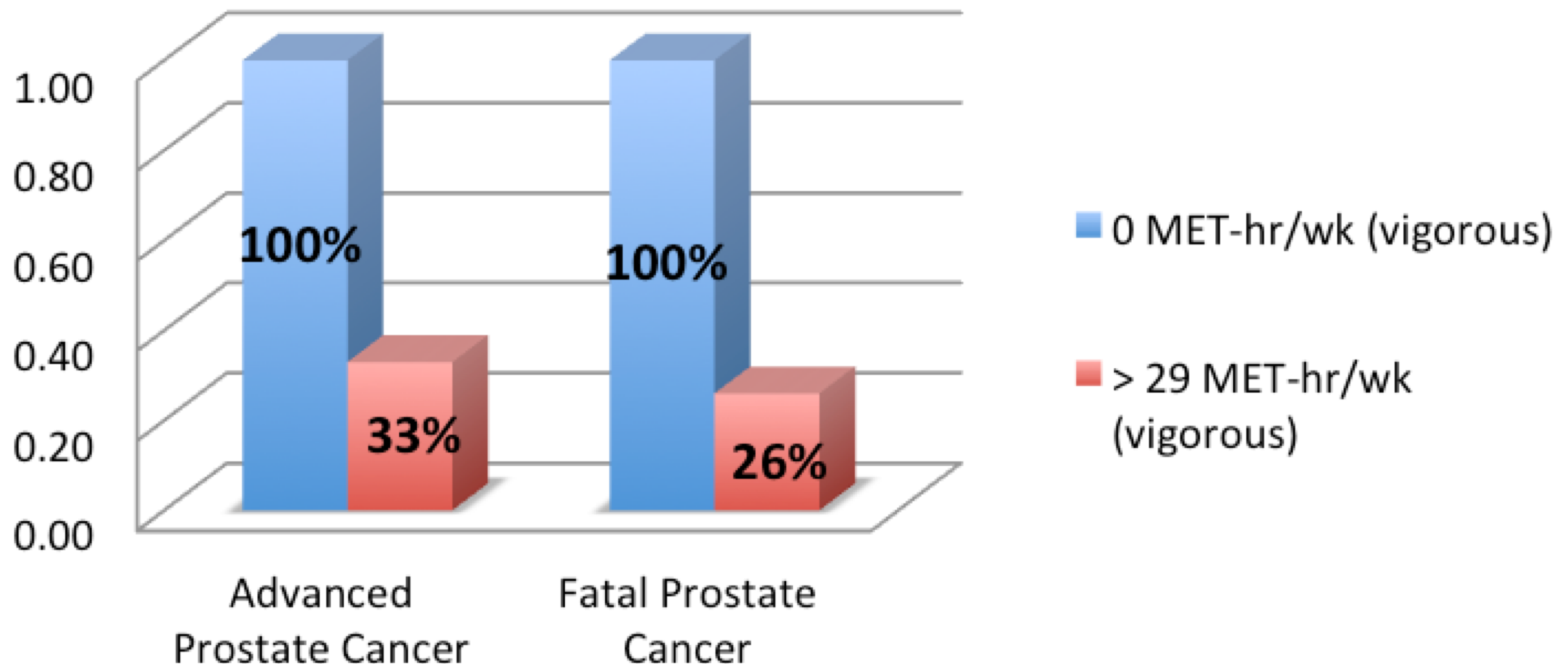
Colon Cancer & Physical Activity (Men)



Pancreatic Cancer Risk & Physical Activity

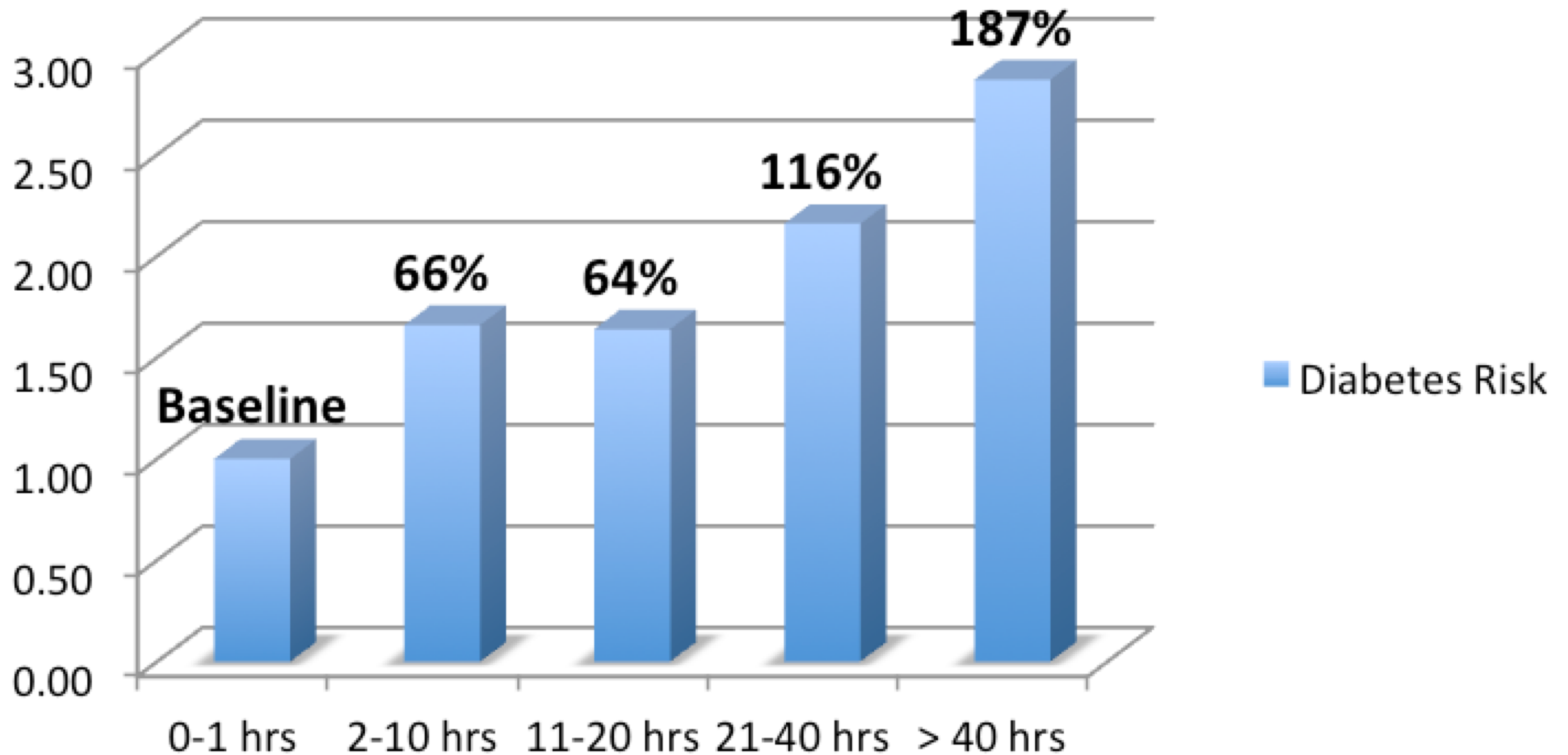


Prostate Cancer Risk by Activity Level, Men ≥ 65 y/o



Fitness & Diabetes

Diabetes Risk & Weekly TV Viewing





Water



Problems with Inadequate Water Intake

- Constipation
- Kidney disease
- Dry skin
- Headaches
- Fatigue
- Electrolyte imbalance
- etc.





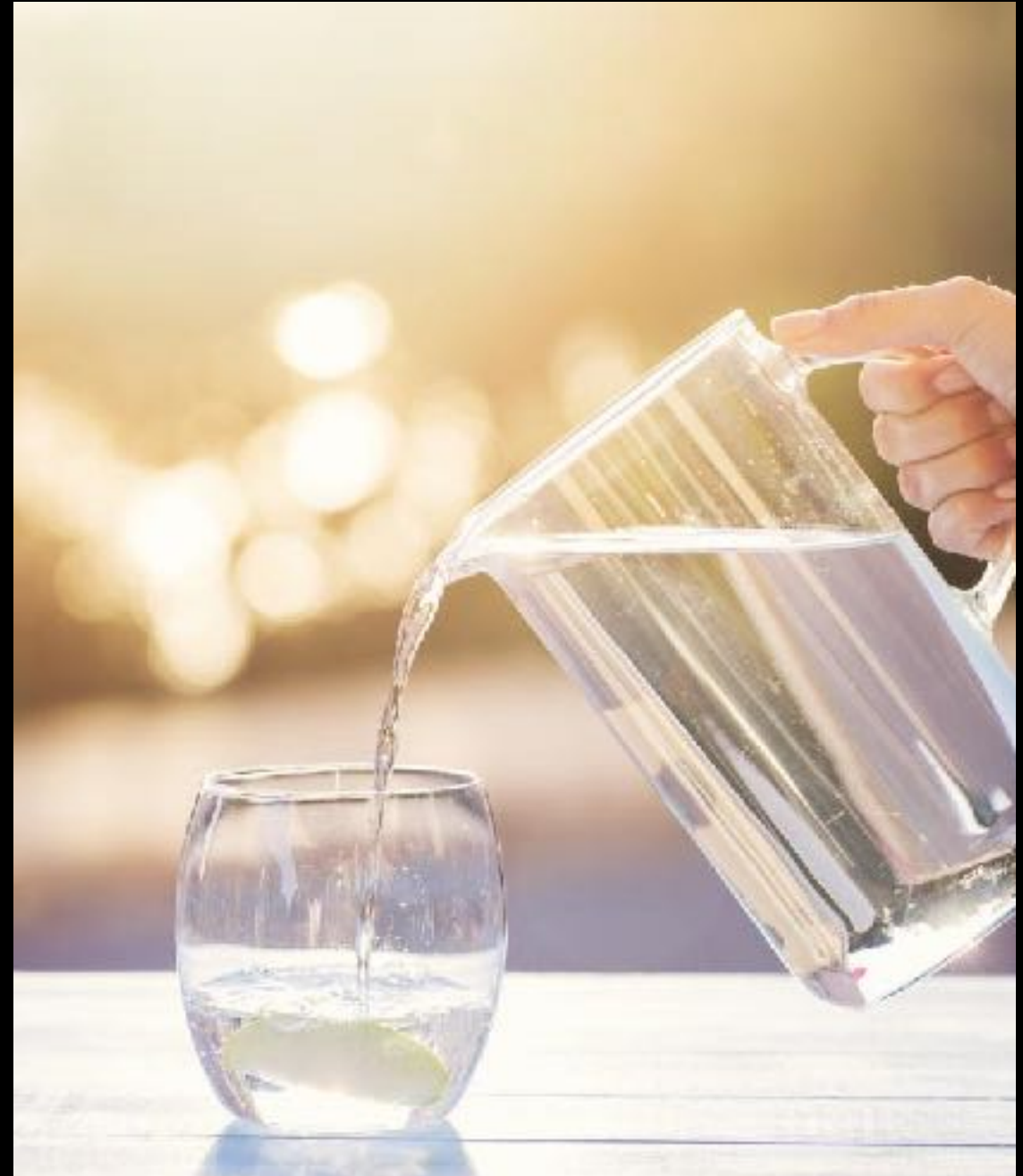
Problems with these beverages:

- Caffeine acts as a drug on the brain, reducing productivity. Blocks adenosine, a sleep-inducing chemical in the brain. Causes physical dependence.
- Sugar spikes can lead to diabetes. Can also become stored as fat and contribute to inflammation.
- Dehydration due to high sodium and sugar content, leaving you feel more thirsty.
- Empty Calories contribute to weight gain without nutritional benefit.
- Alcohol damages the body.



Drinking Water is the Safest, Cheapest, Most Healthful and Globally available beverage!

- Promotes Kidney function
- Thins blood/promotes circulation
- Controls appetite
- Lubricates various systems
- Thins mucous membranes for respiratory health
- Promotes digestions at correct intervals
- Promotes cognitive function





Benefits of Sunshine



Vitamin D



Functions of vitamin D

- * Intestines – absorption of calcium
- * Kidneys – reabsorption of calcium in the tubules
- * Immunity – regulates cell proliferation and differentiation. Helps prevent and treat cancer by reducing cell division, restricting tumor blood supply (angiogenesis), increasing the death of cancer cells (apoptosis), and limiting the spread of cancer cells (metastasis).

Functions of vitamin D

- * Immunity – limits auto-immunity.
- * Increases resistance to infection: antimycobacterial capacity by macrophages and $1,25(\text{OH})_2\text{D}_3$ also makes keratinocytes more effective in killing *Staphyococcus aureus*.
- * Skin – enhances wound healing.
- * Bone - regulates both bone formation and bone resorption.

Functions of vitamin D

- * Liver - Hepatic regeneration
- * Lung – stimulates maturation of type II epithelial pneumocytes. Increases phospholipid production and surfactant release. Protection patients with cystic fibrosis with recurrent lung infections.
- * Pancreatic beta cells - stimulates insulin secretion.
- * Neuromuscular – improves strength and balance.

Vitamin D Deficiency is associated with:



- Osteoporosis
- Musculoskeletal weakness
- Diabetes
- MS
- Hypertension
- Cancer
- Rheumatoid Arthritis

Other Diseases Associated with Vitamin D Deficiency

- * Tuberculosis
- * Congestive Heart Diseases
- * Depression and anxiety
- * Rickets
- * Almost all autoimmune diseases
- * Periodontal disease
- * Wheezing disorders
- * Fibromyalgia
- * Impairment of early childhood brain development and loss of mental function later in life

Daily Recommendations:



**Lighter Skinned:
Spend 15-30 mins in the sun
without sunblock.**

**Darker Skinned:
Spend 30-60 mins in the sun
without sunblock**



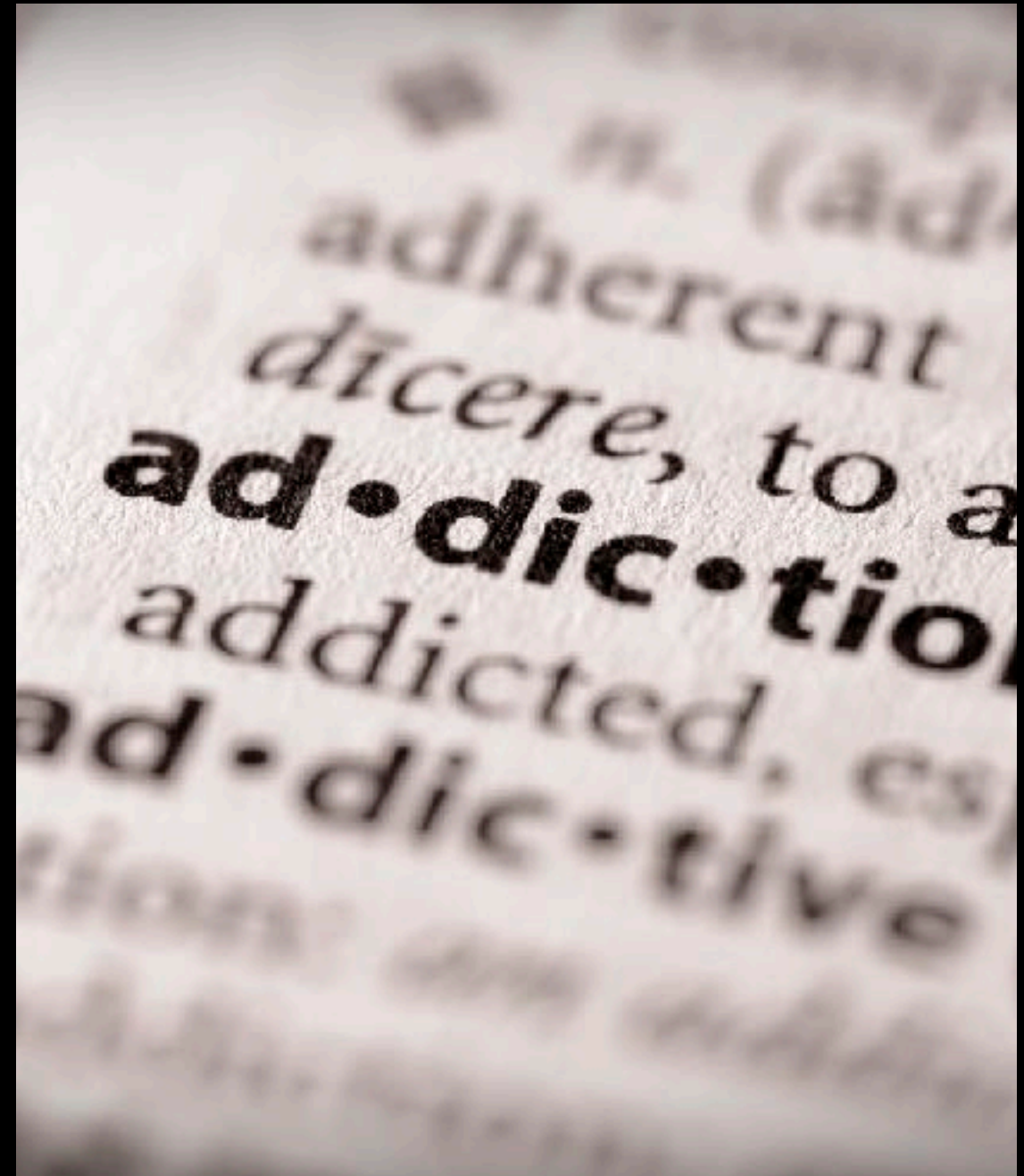
Temperance

“Self-Control”



We lose temperance when feeding the following addictions because of some underlying cause:

- Overeating
- Alcohol
- Tobacco
- Pornography
- Masturbation
- Other media



Overeating





STOMACH STRETCH RECEPTORS



400 CALORIES OF
OIL



400 CALORIES OF
CHICKEN



400 CALORIES OF
VEGETABLES

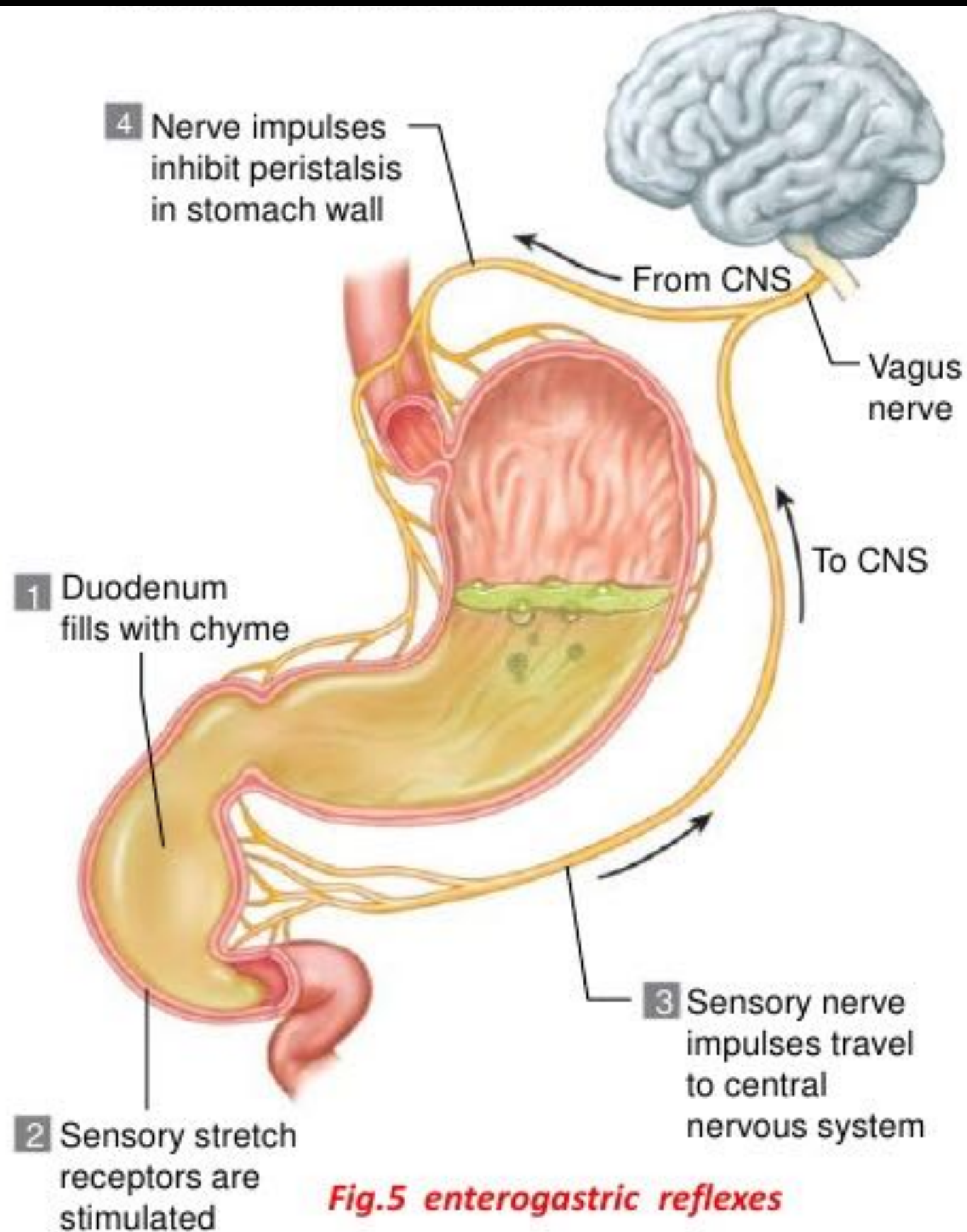


Fig.5 enterogastric reflexes

A little wine good for digestion???

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Volume 22, Issue 9
September 2011

Alcohol drinking and colorectal cancer risk: an overall and dose–response meta–analysis of published studies FREE

V. Fedirko ✉, I. Tramacere, V. Bagnardi, M. Rota, L. Scotti, F. Islami, E. Negri, K. Straif, I. Romieu, C. La Vecchia ... [Show more](#)

Annals of Oncology, Volume 22, Issue 9, September 2011, Pages 1958–1972,
<https://doi.org/10.1093/annonc/mdq653>

Published: 09 February 2011 **Article history ▼**


Alcohol increases the risk of gastrointestinal cancers...

Conclusions: This meta-analysis provides strong evidence for an association between alcohol drinking of >1 drink/day and colorectal cancer risk.



 Free Access

The effects of resveratrol, a phytoalexin derived from red wines, on chronic inflammation induced in an experimentally induced colitis model

Antonio Ramón Martín, Isabel Villegas, Marina Sánchez-Hidalgo, Catalina Alarcón De La Lastra 

First published: 29 January 2009 | <https://doi.org/10.1038/sj.bjp.0706469> | Cited by: 125

 SECTIONS



PDF



TOOLS



SHARE

Abstract

- Neutrophil infiltration, proinflammatory cytokines, eicosanoid generation and oxidative stress have been implicated in colitis. Resveratrol is a polyphenolic compound found in grapes and wine, with multiple pharmacological actions, including anti-inflammatory, antioxidant, antitumour and immunomodulatory activities. In a previous report, we documented that resveratrol decreases the degree of inflammation associated with acute experimental colonic inflammation, but its effects on chronic experimental colitis remain undetermined.

In conclusion, resveratrol reduces the damage in chronic experimentally induced colitis, alleviates the oxidative events, returns PGE₂ production to basal levels and stimulates apoptosis in colonic cells.

Issues with Tobacco





Health Risks of Smoking Tobacco

About half of all Americans who keep smoking will die because of the habit. Each year more than 480,000 people in the United States die from illnesses related to tobacco use. This means each year smoking causes about 1 out of 5 deaths in the US.

- Smoking cigarettes kills more Americans than alcohol, car accidents, HIV, guns, and illegal drugs combined.
- Cigarette smokers die younger than non-smokers.
- Smoking shortens male smokers' lives by about 12 years and female smokers' lives by about 11 years.
- Smoking not only causes cancer. It can damage nearly every organ in the body, including the lungs, heart, blood vessels, reproductive organs, mouth, skin, eyes, and bones.

Media Addictions

- Movies
- TV shows
- Certain Music
- Pornography





Fresh Air



Quality of Indoor air vs. Outdoor air

- Indoor air:
 - Dust
 - Mold
 - Gasses
 - Other particles
- Outdoor air:
 - Oxygen
 - Negative ions



Fresh air better than medicine?

In no case should sick persons be deprived of a full supply of fresh air in pleasant weather. Their rooms may not always be so constructed as to allow the windows or doors to be opened, without the draft coming directly upon them, thus exposing them to the taking of cold. In such cases windows and doors should be opened in an adjoining room, thus letting fresh air enter the room occupied by the sick. **Fresh air will prove far more beneficial to sick persons than medicine,** and is far more essential to them than their food. They will do better, and will recover sooner, when deprived of food, than when deprived of fresh air. { CH 55.1}



Rest



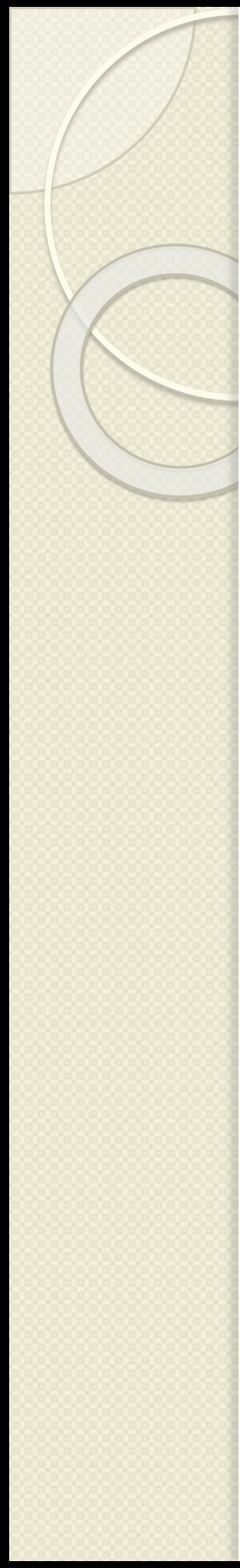
Sleep in America Polls

- 70 million people in the US have a sleep problem.
- 47 million American adults don't get the minimum amount of sleep they say they need to be alert the next day.
- American adults average 6.9 hours of sleep each night.

National Sleep Foundation, 2002 and 2005

Sleep in America Poll

- 43% of Americans between 13 and 64 rarely or never get a good night's sleep on weeknights.
- 95% use some kind of technology in the hour before trying to sleep
- The average person on a weekday drinks about three 12 ounce caffeinated beverages to cope with sleepiness.



“We have in our society this idea that you can just get by without sleep or manipulate when you sleep without any consequences. What we're finding is that's just not true.”

Lawrence Epstein

Past President

American Academy of Sleep Medicine

Eating late at night



- Metabolism slows down at night
- Hormones makes us crave high fat foods/unhealthy foods, which contributes to weight gain, etc.
- **Insulin** (spikes to lower sugar)
- **Leptin** (tells your brain you're full. Fat produces Leptin. Does not work as well after a while of signaling)
- **Ghrelin** (makes us feel hungry. Spikes when sleep-deprived)
- **Peptide YY** (makes us feel full. Drops when you don't sleep)

Problems Associated with Sleep Deprivation:

- Hormone imbalances
- Impaired judgement similar to that of alcohol consumption
- Increased risk Heart disease by 40%
- 50% increase in diabetes risk
- Depression/mood disorders
- Increased risk for ulcers and GERD
- Increased risk of miscarriage, delivery complications, dysmenorrhea
- Increased risk of Obesity
- Increased risk of Cancer
- Calcium build-up in arteries, leading to plaques





Trust in God???



Hinduism



Buddhism



Islam



Confucianism

One Study Published in American Psychological Association:



A cross-sectional analysis of 118 individuals evaluated in outpatient settings, including 61 with traumatic brain injury (TBI), 32 with cerebral vascular accidents (CVA), and 25 with spinal cord injury (SCI).

Results: Three of 6 BMMRS factor scores (i.e., positive spiritual experience, forgiveness, negative spiritual experience) were significantly correlated with the SF-36 General Health Perception (GHP) scale, and only 1 of 6 BMMRS factor scores (i.e., negative spiritual experience) was significantly and negatively correlated with the SF-36 General Mental Health (GMH) scale. BMMRS scales did not significantly predict either physical or mental health in hierarchical multiple regressions.

Conclusions: Positive spiritual experiences and willingness to forgive are related to better physical health, while negative spiritual experiences are related to worse physical and mental health for individuals with chronic disabilities. Future research using the BMMRS will benefit from using a 6-factor model that evaluates positive/negative spiritual experiences, religious practices, and positive/negative congregational support. Interventions to accentuate positive spiritual beliefs (e.g., forgiveness protocols, etc.) and reduce negative spiritual beliefs for individuals with chronic disabilities are suggested. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Another Study Published in American Journal of Physical Medicine and Rehabilitation:



Results: Group differences were found across the quality of life measures used in the study. There were also differences in life satisfaction and spiritual well-being. Spirituality was found to be associated with both quality of life and life satisfaction, although it was not a significant predictor in a multivariate context.

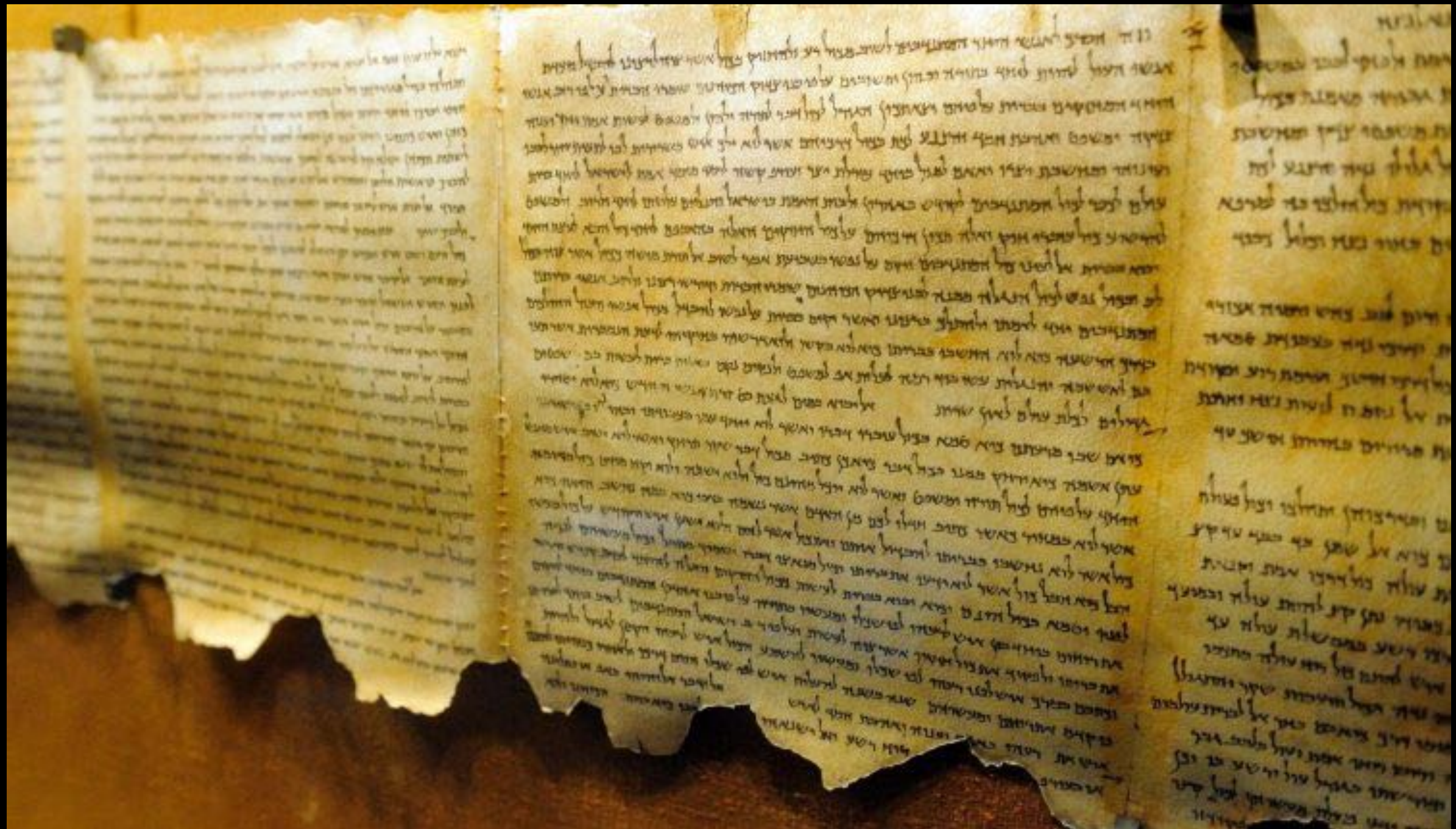
Conclusions: In general, subjects with prostate cancer reported higher scores across all measures. Spirituality showed a strong association with both life satisfaction and quality of life, and it was a significant predictor of life satisfaction among rehabilitation subjects. Factors such as age, marital status, and work status, in addition to specific dimensions of quality of life, such as social functioning and functional well-being, were found to be associated with total quality of life.

Tate DG, Forchheimer M: Quality of life, life satisfaction, and spirituality: Comparing outcomes between rehabilitation and cancer patients. Am J Phys Med Rehabil 2002;81:400–410.

Can the God of the Bible be trusted?

If so, He claims to be the only true God

Historicity



Cornelius Tacitus (A.D. 55-120), an historian of first-century Rome, is considered one of the most accurate historians of the ancient world.⁸ An excerpt from Tacitus tells us that the Roman emperor Nero "inflicted the most exquisite tortures on a class...called Christians. ...Christus [Christ], from whom the name had its origin, suffered the extreme penalty during the reign of Tiberius at the hands of one of our procurators, Pontius Pilatus...."⁹

“Flavius Josephus, a Jewish historian (A.D. 38-100), wrote about Jesus in his Jewish Antiquities. From Josephus, "we learn that Jesus was a wise man who did surprising feats, taught many, won over followers from among Jews and Greeks, was believed to be the Messiah, was accused by the Jewish leaders, was condemned to be crucified by Pilate, and was considered to be resurrected."10

**Archaeology confirms several Biblical locations,
people and events!**



Prophecy confirmed by history makes the Word trustworthy



Science confirms catastrophism, proving the flood which changes the way scientists interpret certain findings and confirming the Bible.

**If the Bible is proven to be reliable, then its contents
can be trusted...**

God's Word is full of promises that:

- He loves you (Jeremiah 31:3)**
- He will forgive you (Jeremiah 31:34)**
- He will heal you (Hosea 14:4)**
- He will never leave or forsake you (Heb. 13:5)**
- He will never betray your trust. You can grant Him
control of your life to do better for your life than you
would on your own.**

“When **the gospel is **received** in its purity and power, **it is a cure for the maladies that originated in sin.** The Sun of Righteousness arises, “with healing in His wings.” Malachi 4:2. Not all this world bestows can heal a broken heart, or impart peace of mind, or remove care, or banish disease. Fame, genius, talent—all are powerless to gladden the sorrowful heart or to restore the wasted life. **The life of God in the soul is man’s only hope.**” -{ MH 115.2}**

What is the Gospel?

Hanging upon the cross Christ was the gospel. Now we have a message, “Behold the Lamb of God, which taketh away the sins of the world.” Will not our church members keep their eyes fixed on a crucified and risen Saviour, in whom their hopes of eternal life are centered? This is our message, our argument, our doctrine, our warning to the impenitent, our encouragement for the sorrowing, the hope for every believer.

{ 21MR 37.1 }

If we can awaken an interest in men's minds that will cause them to **fix their eyes on Christ**, we may step aside, and ask them only to continue to fix their eyes upon the Lamb of God. They thus receive their lesson. Whosoever will come after Me, let him deny himself, and take up his cross, and follow Me. **He whose eyes are fixed on Jesus will leave all. He will die to selfishness. He will believe in all the Word of God, which is so gloriously and wonderfully exalted in Christ.**

{ ...continued 21MR 37.1 }



“John seeth Jesus... and saith, Behold the Lamb of God, which taketh away the sin of the world.” —John 1:29